



International Physical
Literacy Association
2019 Conference

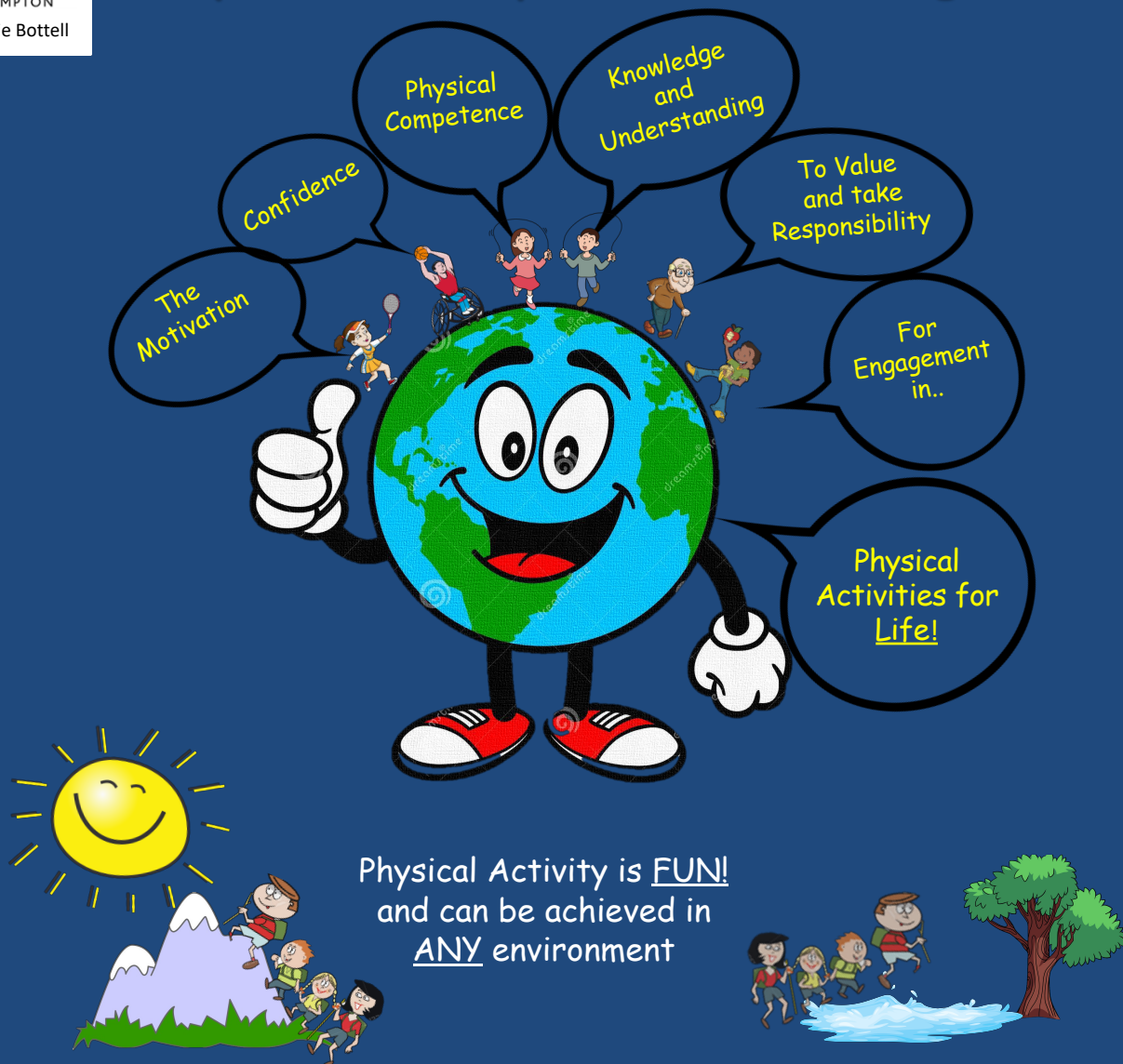
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‘PHYSICAL LITERACY IN THE COMMUNITY’

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Physical Literacy makes the world go round!



Physical Activity is FUN!
and can be achieved in
ANY environment

What are the benefits of being physically active?



Develops Competence
in a Variety of Skills



Increases Personal
Fitness for Life



Supports a Healthy
Lifestyle



Builds
Self-Confidence



Boosts Learning

Physical Literacy IS A journey
NOT a destination...



Improves Overall
Health



PHYSICAL LITERACY: Being Active For Life

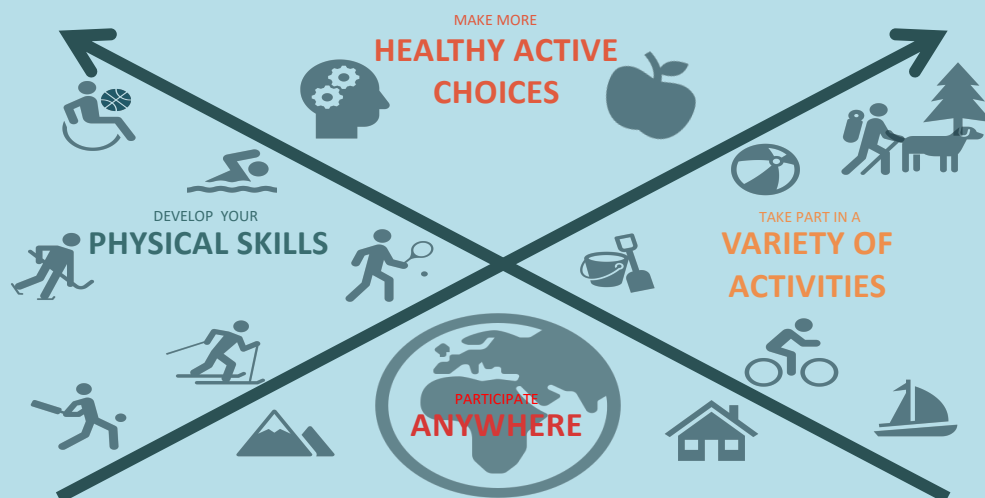
by Alice Osborne

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WHAT IS PHYSICAL LITERACY?



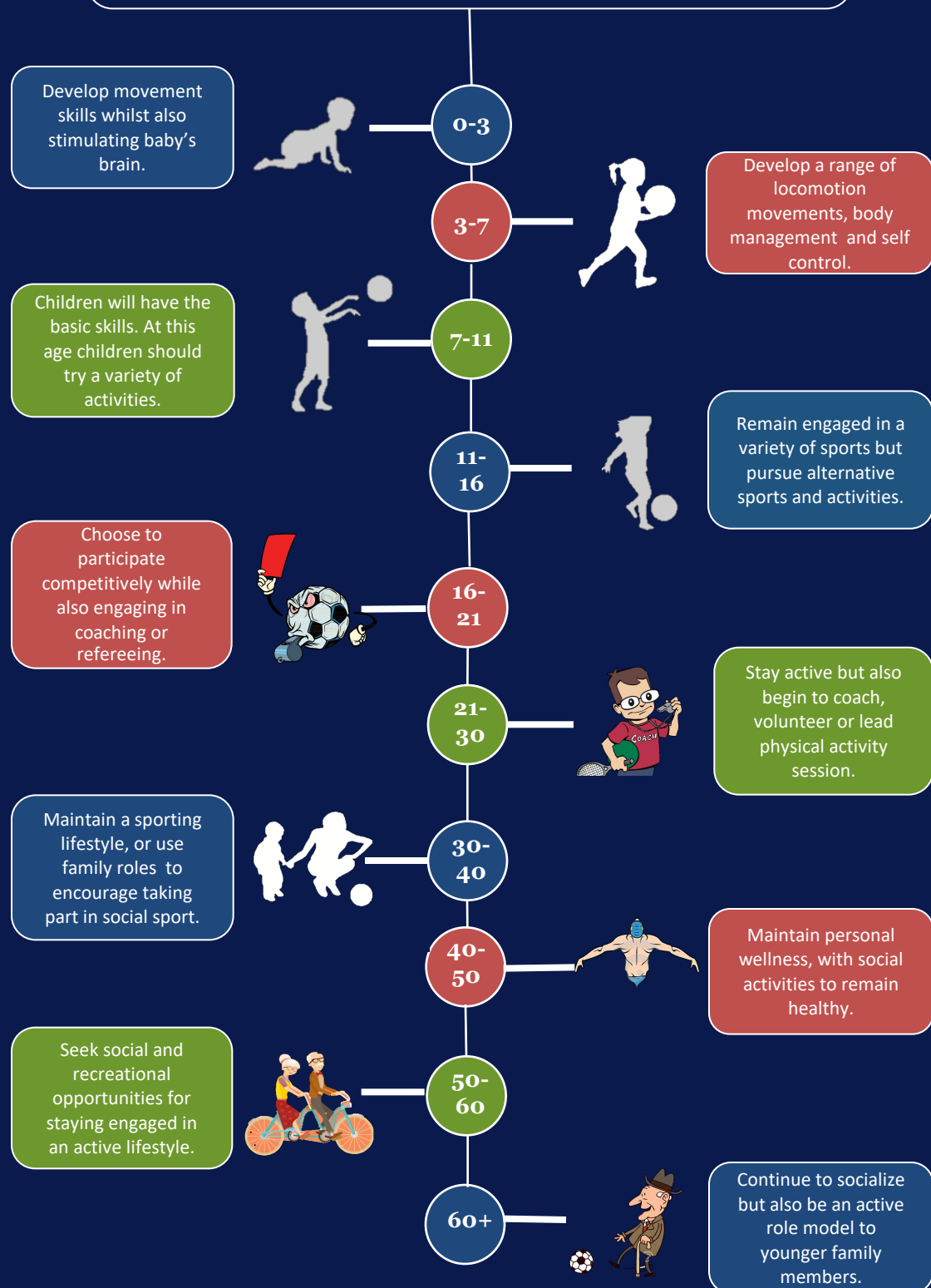
BECOMING PHYSICALLY LITERATE?



BENEFITS OF PHYSICAL ACTIVITY

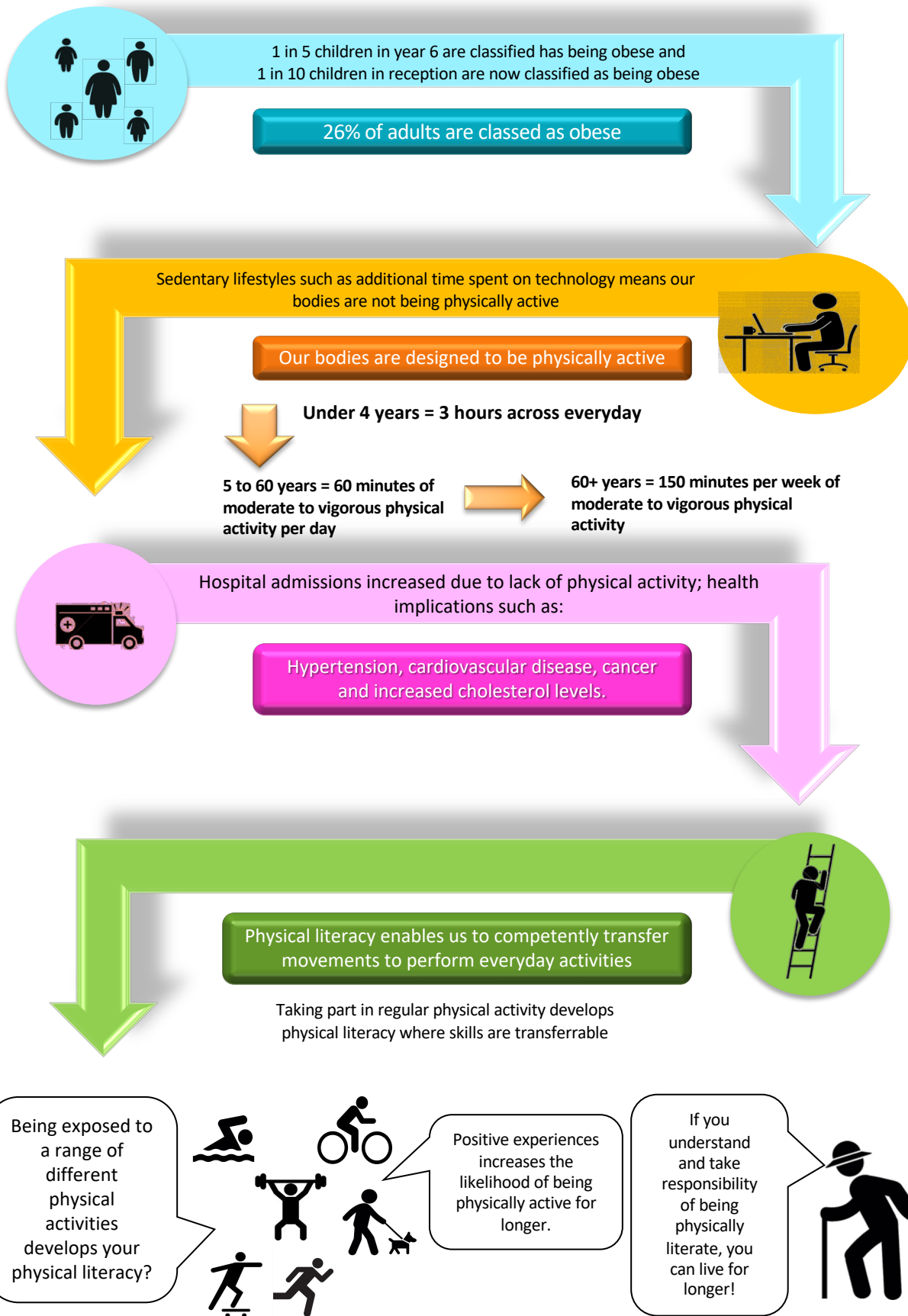


Physical Literacy: Across the Lifecourse



PHYSICAL LITERACY = ACTIVE & HEALTHY LIFESTYLES

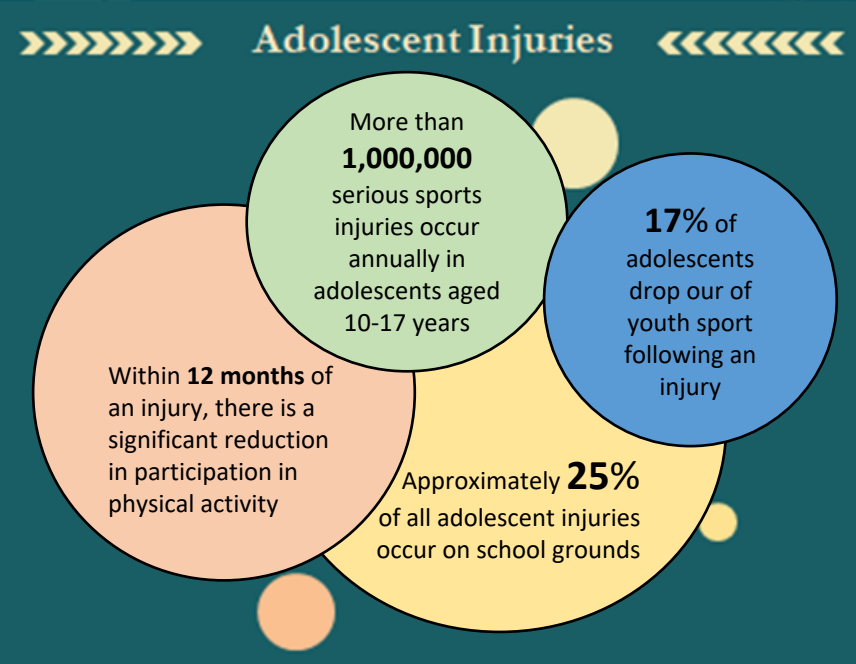
Take part in regular physical activity as part of a daily routine during all stages of life



ARE YOU 10-17 YEARS OLD AND INJURED?

Did you know that you can still be physically active?!






»»»» Injured Arm? Injured Leg? «««««

Try these...

Walking or Hiking



Dancing



Footwork Drills




Swimming





Yoga



Upper Body Practices



If you stay physically active...



- Improves physical health
- Improves mental health
- Social benefits
- Enjoyment through challenge and competence

If you neglect physical activity...

- Increases the chance of chronic diseases
- Negative psychological impact
- Increases the risk of obesity
- Impacts how physically literate you become

Physical Literacy For Pregnant Women

Physical Literacy?

"Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life" (IPLA 2016)



70%

of women aged 16-44 are active when not expecting!



50%

of women aged 16-44 are active whilst pregnant



2/10

Pregnant women are classed as obese at their first appointment

What does it involve?

Dudley (2017) outlined four core elements of physical literacy:

- Movement competencies
- Rules, tactics and strategies of movement
- Motivation and behavioral skills of movement
- Personal and social attributes of movement.



679,106

The number of live births in the UK in 2017 (Office for national statistics 2018)



84%

Of pregnant women/new mums want to be more active (Sport England 2017)

Common Concerns for pregnant women about being active:

55%

Too tired to take part

51%

Feeling generally uncomfortable

29%

Are unsure of what they're allowed to do and at what intensity

25%

Are unclear if it's safe to do activity during pregnancy

(Sport England 2017)

What can they do?



(Aptecub 2015b)

Benefits for the mother

Reduced back Pain

Less pregnancy weight gained

Reduction of labour time

Reduce tiredness from pregnancy

Reduced likelihood of an unplanned caesarean

Lower incidence rate/severity of depression

(American Pregnancy Association 2015)

Benefits for the baby

A healthier heart

Normal birth weight

Quicker to develop neurologically

Reduced risk of respiratory distress syndrome

Less maternal stress could reduce impact on immune system development

(Aptecub 2015a)

150

This is the number of minutes that is recommended per week for a pregnant lady that was active pre pregnancy.

Women that were not active pre pregnancy should start with short spells and increase by 10 minutes every week until they reach 150 minutes. (NHS Health Scotland 2018)



It is important for pregnant women to be physically literate throughout pregnancy. The benefits it has on both the mother and the baby will help work towards developing the confidence, physical competence, motivation, knowledge and understanding to stay active for life.

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Matt Hammond

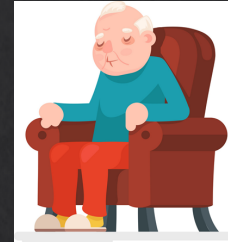
Developing Physical Literacy for Octogenarians?

What is an Octogenarian?

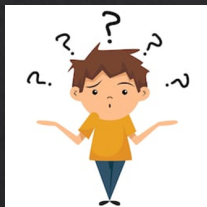
An octogenarian is a person who is aged between 80-89 years.

What is the concern?

Too many Octogenarians are sedentary for over 9 hours a day, equivalent to 80% of their waking day (Harvey, 2015)



Of those who are sedentary, many octogenarians do not know how to become more physically active, seeing sport as the only avenue associated with activity (Sink at, el, 2015)



ONLY 15% of octogenarians are physically active – those who complete 150 minutes of physical activity per week. (Gov, 2017)

How to over come this?

Whole body movements through low impact exercises which improve physical literacy levels, some examples are listed here:



Swimming



Walking



Cycling



Yoga



Gardening

Important Aspects of physical activity:

- Physical activity should span a life time (Durdan-Myers 2018).
- You should have an understanding of physical activity so you can adapt to your current physical competence. (Whitehead, 2010).
- Remember that physical activity is an inclusive concept which can be applied to all human beings (Whitehead, 2001).

Benefits to Health and Wellbeing:

If Octogenarians are able to participate in a range of activities, a range of health and wellbeing benefits would emerge:

- Reduce swelling around joints associated with arthritis
- Improve muscle strength and stamina and improve balance
- Reduce levels of anxiety and depression
- Reduce risk of heart disease and certain cancers